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The Ripple Effect: Photographic Art

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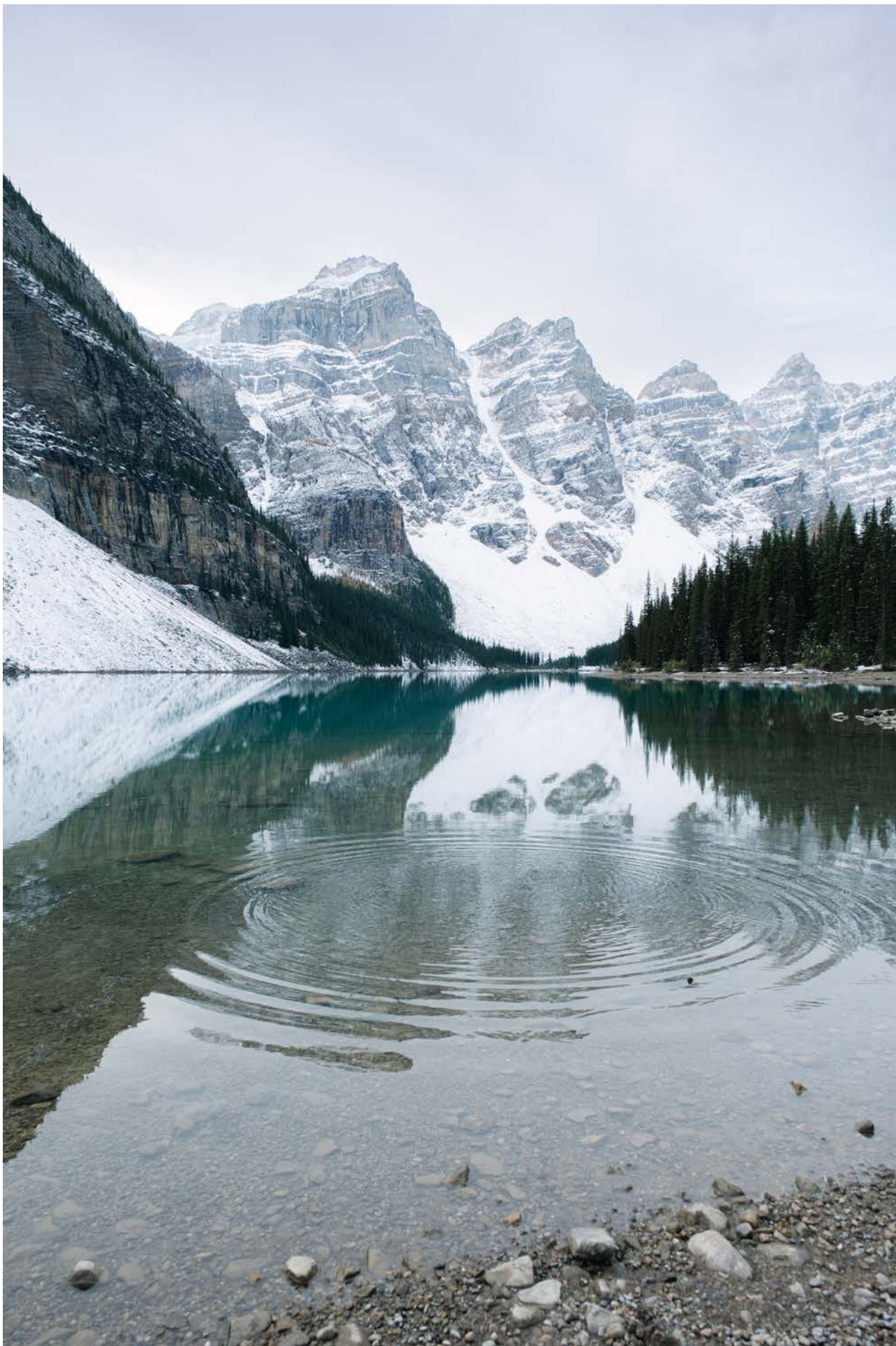
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“The Ripple Effect” - Taken at Moraine Lake in Banff, Canada. This popular lake is renowned for its beautiful surroundings and stunning reflections. Just like a ripple in water, this photo is a reminder that even our smallest thoughts and actions can create a series of lasting effects.

Photographer: Sheila Rivera

Journey



Sheila Rivera, MSN, APRN, CNS, PCCN, has spent her entire nursing journey has been at UCSDH. She started on 10 East (a telemetry unit at the time) as a newly graduated nurse in 2015. Recently, in 2024, she obtained her Master of Science as an advanced practice nurse with a concentration on adult-gerontology from SDSU. She has always been interested in education and loves that she is able to do that in her current role as Advanced Practice Specialist on 10 East PCU. Outside of nursing, she loves to travel with her husband and capture those memories through photography. Having an outlet helps to process emotions, manage stress, and maintain a healthier work-life balance.